

God's word is the one truth that transcends all of life's situations. His word is full of love, hope, encouragement and joy. He wants his children to be happy and to know that He is always with us. By turning to Him we can find his love and hope regardless of the situation in which we find ourselves. We trust that some of the following promises from God's Word will encourage you and give you the hope that He wants all of us to have. Find the ones that are most helpful to you and commit them to memory. Then repeat them when you need encouragement.

Matt 11:28-30

8"Come to me, all you who are weary and burdened, and I will give you rest. 29Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30For my yoke is easy and my burden is light."
NIV

Ex 33:14

14The LORD replied, "My Presence will go with you, and **I will give you rest.**"
NIV

Jer 29:11-13

11For I know the plans I have for you," says the Lord. "They are plans for good and not for evil, to **give you a future and a hope.**"
TLB

Isa 41:13

13For I am the LORD, your God,
who takes hold of your right hand
and says to you, **Do not fear;**
I will help you.

Ps 107:1

Give thanks to the LORD, for he is good;
his love endures forever.
NIV

Ps 128:1-2

Blessed are all who fear the LORD,
who walk in his ways. 2You will eat the fruit of your labor;
blessings and prosperity will be yours.
NIV

Ps 73:23

23 **I am always with you;** you hold me by my right hand.

NIV

Ps 130:5

5I wait for the LORD, my soul waits,
and **in his word I put my hope.**

NIV

Ps 40:1-3

I waited patiently for the LORD;
he turned to me and heard my cry.
2He lifted me out of the slimy pit,
out of the mud and mire;
he set my feet on a rock
and gave me a firm place to stand.
3He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear
and **put their trust in the LORD.**

NIV

Ps 23:1-4

The LORD is my shepherd, I shall not be in want.
2He makes me lie down in green pastures,
he leads me beside quiet waters,
3he restores my soul.
He guides me in paths of righteousness
for his name's sake.
4Even though I walk
through the valley of the shadow of death,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

NIV

Ps 34:18

18The LORD is close to the brokenhearted
and **saves those who are crushed in spirit.**

NIV

Ps 139:1-4

O LORD, you have searched me
and **you know me.**

2You know when I sit and when I rise;
you perceive my thoughts from afar.

3You discern my going out and my lying down;
you are familiar with all my ways.

4Before a word is on my tongue
you know it completely, O LORD.

NIV

Ps 95:7

7for he is our God
and **we are the people of his pasture,
the flock under his care.**

NIV

Ps 46:10

10"Be still, and know that I am God;

NIV

Ps 91:4

4He will cover you with his feathers,
and **under his wings you will find refuge;**

Ps 55:22

22Cast your cares on the LORD
and he will sustain you;
he will never let the righteous fall.

NIV

Ps 46:1

God is our refuge and strength,
an ever-present help in trouble.

NIV

Ps 33:18

18But the eyes of the LORD are on those who fear him,
on those whose **hope is in his unfailing love,**

NIV

Ps 30:11-12

11You turned my wailing into dancing;
you removed my sackcloth and clothed me with joy,

NIV

Ps 89:15-18

15Blessed are those who have learned to acclaim you,
who walk in the light of your presence, O LORD.

16They rejoice in your name all day long;
they exult in your righteousness.

17For you are their glory and strength,
and by your favor you exalt our horn.

18Indeed, **our shield belongs to the LORD,**

NIV

Ps 125:2

2As the mountains surround Jerusalem,
so **the LORD surrounds his people
both now and forevermore.**

NIV

Ps 55:22

22Cast your cares on the LORD and he will sustain you;
he will never let the righteous fall.

NIV

Ps 147:3

**3He heals the brokenhearted
and binds up their wounds.**

NIV

Ps 9:9

9The LORD is a **refuge for the oppressed,
a stronghold in times of trouble.**

NIV

Isa 41:13

13For I am the LORD, your God,
who takes hold of your right hand
and says to you, **Do not fear;
I will help you.**

NIV

Isa 41:10

10So **do not fear**, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand.

NIV

Isa 40:28-31

28Do you not know?

Have you not heard?

The LORD is the everlasting God,
the Creator of the ends of the earth.

He will not grow tired or weary,
and his understanding no one can fathom.

**29He gives strength to the weary
and increases the power of the weak.**

30Even youths grow tired and weary,
and young men stumble and fall;

**31but those who hope in the LORD
will renew their strength.**

**They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.**

NIV

Neh 8:10

Do not grieve, for the joy of the LORD is your strength."

NIV

Matt 28:20

And surely **I am with you always**, to the very end of the age."

NIV

Rom 5:1-2

5:1Therefore, since we have been justified through faith, **we have peace with God
through our Lord Jesus Christ,**

NIV

John 3:16-17

16"For God so loved the world that he gave his one and only Son, that **whoever believes
in him shall not perish but have eternal life.**

NIV

1 Peter 5:4

4And when the Chief Shepherd appears, **you will receive the crown of glory** that will
never fade away.

NIV

Lam 3:25

25The LORD is good to those whose **hope is in him**,
to the one who seeks him;

NIV

Heb 11:1

11:1 Now faith is being sure of what we hope for and certain of what we do not see.

NIV

2 Cor 4:17-18

18 So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, **but what is unseen is eternal.**

NIV

Heb 11:6

6 And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that **he rewards those who earnestly seek him.**

NIV

1 Peter 1:3-5

3 Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us **new birth into a living hope** through the resurrection of Jesus Christ from the dead, 4 and into **an inheritance that can never perish**, spoil or fade—kept in heaven for you,

NIV

1 John 1:9

9 If we confess our sins, he is faithful and just and will forgive us our sins and **purify us from all unrighteousness.**

NIV

Phil 4:12-13

2 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 **I can do everything through him who gives me strength.**

NIV

Phil 4:4-7

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. **6 Do not be anxious about anything**, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

NIV

Rom 5:3-5

we know that suffering produces perseverance; ⁴perseverance, character; and character, hope. ⁵And hope does not disappoint us, **because God has poured out his love into our hearts by the Holy Spirit**, whom he has given us.

NIV

Rom 12:12

Be joyful in hope, patient in affliction, faithful in prayer.

NIV

Rom 15:13

¹³May the God of hope fill you with all joy and peace as you trust in him, so that **you may overflow with hope by the power of the Holy Spirit**.

NIV

Eph 1:18-19

¹⁸I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his **glorious inheritance in all that believe in him**,

NIV

Col 1:5-6

⁵the faith and love that spring from the **hope that is stored up for you in heaven** and that you have already heard about in the word of truth, the gospel ⁶that has come to you.

NIV

Titus 1:1-2

²a faith and knowledge resting on the **hope of eternal life**, which God, who does not lie, promised before the beginning of time,

NIV

Titus 3:5-7

He saved us through the washing of rebirth and renewal by the Holy Spirit, ⁶whom he poured out on us generously through Jesus Christ our Savior, ⁷so that, having been justified by his grace, we might **become heirs having the hope of eternal life**.

NIV

Mark 11:22-25

²²"Have faith in God," Jesus answered. ²³"I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in his heart but believes that what he says will happen, it will be done for him. ²⁴Therefore I tell you, **whatever you ask for in prayer, believe that you have received it, and it will be yours**.

NIV

Mark 9:23

23" If you can?" said Jesus. **"Everything is possible for him who believes."**

NIV

Luke 18:27

7Jesus replied, **"What is impossible with men is possible with God."**

NIV

John 14:12-14

12I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father. 13And **I will do whatever you ask in my name**, so that the Son may bring glory to the Father. 14You may ask me for anything in my name, and I will do it.

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John 14:26-27

26But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. 27Peace I leave with you; my peace I give you. I do not give to you as the world gives. **Do not let your hearts be troubled and do not be afraid.**

NIV

Jer 31:13

I will turn their mourning into gladness;

I will give them comfort and joy instead of sorrow.

NIV

1 Cor 15:56-57

57But thanks be to God! **He gives us the victory through our Lord Jesus Christ.**

NIV

John 14:27

27 I am leaving you with a gift - peace of mind and heart! And the peace I give isn't fragile like the peace the world gives. So **don't be troubled or afraid.**

TLB

Heb 13:5

"Never will I leave you;

never will I forsake you."

NIV

1 John 4:8-10

9This is how God showed his love among us: He sent his one and only Son into the world **that we might live through him.**

NIV

John 14:1

14:1"Do not let your hearts be troubled. Trust in God; trust also in me.

NIV

John 14:6-7

6Jesus answered, "**I am the way and the truth and the life.** No one comes to the Father except through me. 7If you really knew me, you would know my Father as well. From now on, you do know him and have seen him."

NIV

Lam 3:25

25The LORD is good to those whose hope is in him,
to the one who seeks him;

NIV

James 1:16-18

17Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. 18He chose **to give us birth through the word of truth**, that we might be a kind of firstfruits of all he created.

NIV

Heb 7:25-26

25Therefore he is able to **save completely those who come to God through him**, because he always lives to intercede for them.

NIV

Phil 4:6-7

6Don't worry about anything; instead, **pray about everything**; tell God your needs, and don't forget to thank him for his answers. 7If you do this, **you will experience God's peace**, which is far more wonderful than the human mind can understand.

TLB

Matt 6:30

30And if God cares so wonderfully for flowers that are here today and gone tomorrow, won't **he more surely care for you**,

TLB

1 Chron 29:11-12

11Yours is the mighty power and glory and victory and majesty. Everything in the heavens and earth is yours, O Lord, and this is your kingdom. **We adore you as being in control of everything.**

TLB

Matt 6:26-27

26Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? **27Who of you by worrying can add a single hour to his life?**

NIV

Matt 6:34

34"**So don't be anxious about tomorrow.** God will take care of your tomorrow too. Live one day at a time.

TLB

1 Peter 5:7-8

7Cast all your anxieties on him, for he cares about you.

RSV

Rom 1:17

17For in the gospel a righteousness from God is revealed, a righteousness that is by faith from first to last, just as it is written: "**The righteous will live by faith.**"

NIV

Rom 4:20-21

20Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, **21being fully persuaded that God had power to do what he had promised.**

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